

Pick-WIC Paper

NORTH DAKOTA WIC PROGRAM

March 2014

Super Nachos

Pulled Pork

Tuna Melt

Cheesy Chicken Enchilada Bake

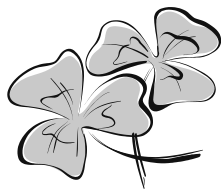
Hamburger Vegetable Lentil Soup

Super Nachos

- 1 pound lean ground beef
- 1 large onion, chopped
- ¼ teaspoon hot sauce
- ½ cup taco sauce or salsa
- 1½ cups fat free refried beans
- 1 can (4 ounces) chopped green chilies
- 1 cup chopped fresh or canned tomatoes
- ½ cup chopped ripe olives
- 2 cups shredded reduced fat cheddar or Monterey Jack cheese

1. In a frying pan, brown ground beef and onion; drain and rinse excess fat.
2. Add hot sauce and taco sauce. Simmer for five minutes.
3. Spread refried beans on a large plate or pie plate. Top with meat mixture.
4. Layer green chilies, tomatoes and olives on top of meat mixture. Spread cheese evenly over the top.
5. Microwave for 3 to 5 minutes, or until cheese melts.
6. Serve with baked tortilla chips.

Nutrition Note: This recipe makes 6 servings. Each serving has 280 calories, 11 grams of fat and 15 grams of carbohydrates.



Kid-friendly Veggies and Fruits

Homemade Trail Mix: Use your favorite nuts and dried fruits, such as unsalted peanuts, cashews, walnuts or sunflower seeds mixed with dried apples, pineapple, cherries, apricots or raisins. Add whole-grain cereals to the mix, too.

Pulled Pork

- 1 small pork tenderloin (2 to 3 pounds)
- 1 packet dry onion soup mix
- ¾ cup water

1. Cut thawed tenderloin into three or more chunks.
2. Place all ingredients into a slow cooker. Cook on high for six hours. Pull apart meat with a fork after four to five hours.
3. Can be served on whole wheat buns or whole wheat tortillas with barbeque sauce.

Recipe Source: NDSU Extension Service, Cooking 101, Hot Tips about Food Storage

Nutrition Note: This recipe makes 8 servings. Each serving has 150 calories, 4.5 grams of fat and 2 grams of carbohydrates.

Breastfeeding:

Why breastfeed?

“I chose to breastfeed my baby because she would be healthier and sick less.”

~ Jennifer, WIC Breastfeeding Mom from Dunseith, ND

For more information about breastfeeding, check out our breastfeeding website at www.ndhealth.gov/breastfeeding.



Tuna Melt

- 2 cans (5 ounces) chunk light tuna in water, drained
- 1 medium red onion, chopped
- 2 tablespoons mayonnaise
- 1 tablespoon lemon juice
- Salsa, to taste
- ½ teaspoon ground pepper
- 4 slices whole wheat bread, toasted
- ¼ cup shredded, reduced fat cheddar cheese

1. Preheat oven broiler.
2. Combine tuna, onion, mayonnaise, lemon juice, salsa and pepper in a medium bowl. Spread one-fourth of tuna mixture on each slice of toast; top with cheese.
3. Place on a baking sheet and broil until cheese is bubbling and golden brown, about three to five minutes.

Recipe Source: NDSU Extension Service, Cooking 101, Healthy Meals in Less than 30 Minutes

Nutrition Note: This recipe makes 4 servings. Each serving has 250 calories, 7 grams of fat and 21 grams of carbohydrates.



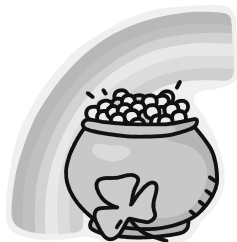
Cheesy Chicken Enchilada Bake

1 pound boneless, skinless chicken breasts (about 2 cups)
 ½ cup water
 1 tablespoon chili powder
 1 can (15-16 ounces) black beans, drained and rinsed
 1 cup frozen corn
 1 cup salsa
 8 whole wheat tortillas
 ½ cup shredded reduced fat cheddar cheese

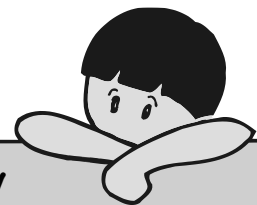
1. Preheat oven to 375 degrees.
2. Cut each chicken breast into 4-5 chunks. Place chicken, water and chili powder into a large saucepan; simmer until cooked.
3. Remove chicken from pan. Cut or shred into small chunks and return to pan. Add beans, corn and salsa to saucepan. Cook until hot, about 2 minutes. Remove from heat.
4. Spread ½ cup of chicken mixture down the center of each tortilla. Roll up and place seam-side down in a greased 9x13-inch pan.
5. Spread any leftover chicken mixture over the top of the enchiladas.
6. Bake for 12 to 15 minutes.
7. Sprinkle cheese on top of the enchiladas during the last five minutes of cooking.

Recipe Source: <http://www.extension.iastate.edu/foodsavings>

Nutrition Note: This recipe makes 8 servings. Each serving has 310 calories, 7 grams of fat and 41 grams of carbohydrates.



The *Pick-WIC Paper* is developed for the Special Supplemental Nutrition Program for Women, Infants and Children
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Turn Off the TV

Scatter socks throughout the room. Have your child pretend to walk on a tightrope. When he gets to a sock, have him stand on one foot, bend down and pick up the sock — keeping his balance.

Source: www.headstartbodystart.org

Hamburger Vegetable Lentil Soup

1 pound lean ground beef
 4 cups water
 1 cup lentils (rinsed)
 1 cup diced carrots
 1 cup diced cabbage
 1 cup chopped celery
 ½ cup chopped onion
 1 teaspoon salt
 1 teaspoon pepper
 1 bay leaf
 5¼ cups tomato juice

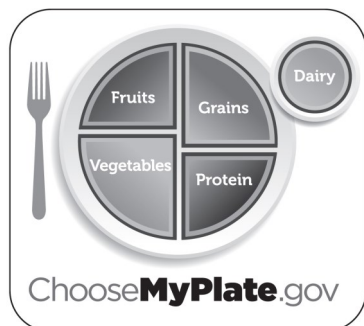


1. In a frying pan, brown ground beef; drain and rinse excess fat.
2. In a large saucepan or soup kettle, add ground beef and water. Bring to a boil.
3. Add the rest of the ingredients except the tomato juice.
4. Bring to a boil, reduce heat and simmer 1½ hours.
5. Remove the bay leaf.
6. Add tomato juice; simmer another 10 minutes.

Recipe Source: The Bean Cookbook, Norharvest Bean Growers Association

Nutrition Note: This recipe makes 8 servings. Each serving has 142 calories, 1 gram of fat and 27 grams of carbohydrates.

GROWING HAPPY FAMILIES



Vary your protein food choices.

Eat a variety of foods from the protein food group each week. Experiment with many dishes made with beans or peas, nuts, soy and seafood.